



Institute of Social Sciences Education and
Research, Panjab University, Chandigarh

Training Workshop On

Yoga and Meditation for Positive Wellbeing

Venue: Seminar Hall, ISSER, Panjab University, Chandigarh

Director

Prof. (Dr.) Seema Vinayak

(Coordinator – ISSER, Panjab University, Chandigarh)

Yoga-Viveka and Self Awareness to promote Happiness and mental wellbeing

- 13th Sept 2023 9.00AM-10.00AM

Pranayama and Yog Nidra for the removal of accumulated stress in Physical and Mental realm.

- 14th Sept 2023 9.00AM-10.00AM

Please Note:

1. Reporting time is 8.45am
2. Participants are requested to bring their own Yogamat.
3. The admission to the workshop is first come basis. Total seats reserved are 50.
4. Interested students can register themselves on 12th Sept from 10.00AM to 01.00PM at the office of ISSER.